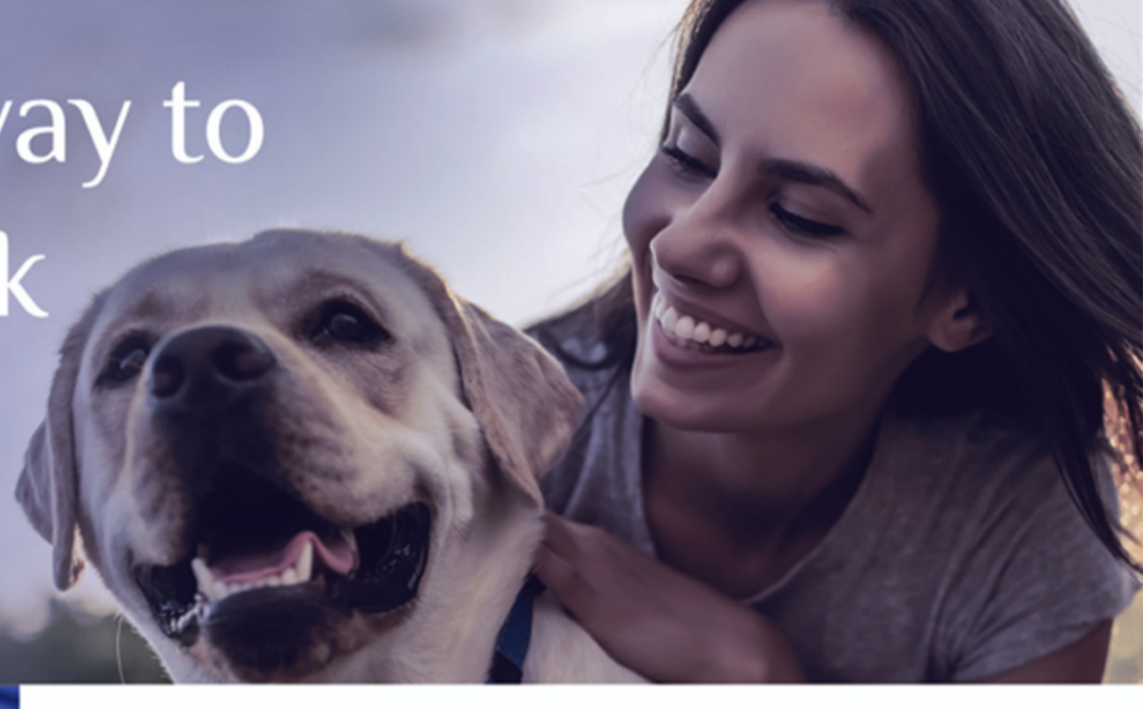



A new way to treat physical and emotional pain.

ALLAY
HEALTH + WELLNESS

A new way to take back control.



What is ketamine?




Ketamine was originally introduced as a dissociative anesthetic and painkiller in the 1960s, used most frequently on battlefields and in acute emergency situations. Since then, it has been added to the World Health Organization's list of essential medicines because of its wide range of pain management and sedation applications. In the early part of this century, researchers discovered the antidepressant effects of ketamine. Study after study has continued to reinforce the effectiveness of ketamine as an antidepressant, proving that ketamine works to repair damaged neural connections and promote the development of new, healthy neural connections.

Is ketamine safe?

Ketamine has been used as an anesthetic and painkiller since the 1960s, and has been offered by private ketamine clinics for the treatment of depression for years now. When administered by a trained professional, ketamine is highly effective for the treatment of psychiatric conditions and pain. Our ketamine clinic does not offer take-home doses of ketamine—we only administer ketamine in a closely-monitored clinical setting under the careful supervision of medical professionals.




How does ketamine work?



There is a lot of research being done on Ketamine and its positive implications in the healthcare world. Scientists are still studying ketamine in an effort to determine the exact mechanism that makes it such an effective antidepressant. More traditional antidepressants also work to move G-proteins in the brain. "Ketamine is shown to work within 15 minutes of being administered, currently there is research showing that ketamine is effective in 70% of patients. Ketamine is shown to help with a number of ailments at this time, and we do believe that research needs to be continued to show the effectiveness. You can view these studies on our website.

How is ketamine administered?




The most effective way to administer ketamine is intravenously. IV ketamine infusions trigger the best biological response, as the medication can be delivered at a slow and precise rate and 100% of the medication ultimately reaches the bloodstream and brain. Also, IV ketamine is administered in a clinical setting under close supervision from qualified doctors and nurses.

Post Treatment

The side effects of ketamine infusions are generally mild and short-lived, subsiding about 2-hours post-infusion. Side effects include nausea, dissociation and mild, non-threatening hallucinations. Our ketamine clinic can supplement your ketamine infusion with an anti-nausea medication if you experience nausea during your infusion. Someone will be in the room with you walking you through the experience and providing support so that you do not feel alone.



What should I expect?




Once you've submitted your patient intake forms, we will schedule a consultation to discuss your unique needs and determine the proper ketamine infusion treatment plan for you. If we believe that you are a good candidate for ketamine infusions, we will go ahead and schedule your first appointment—oftentimes for the same day. On the Scheduled day we do a physical and health assessment and we obtain as much information as possible and we check your vitals. We make sure to have a full medical history to make sure that this is the right treatment for you. You will have someone personally walking you through the process and sitting with you to make sure you are comfortable and able to get the most out of the infusion.



Live better.
Unlock your potential.

How many infusions will I need?



Each patient varies in regards to how many ketamine infusions he or she needs to effectively treat depressive or pain symptoms. Studies have shown that serial infusions are the most effective way to treat depression and other psychiatric disorders.

A similar ketamine infusion treatment plan is recommended for chronic pain patients, though each patient will require a unique protocol depending on his or her needs. Our medical professionals will customize a plan to fit your individual needs,

Can I continue taking my other medication?

You should never discontinue the use of any medication without first consulting your primary care physician. Before we make your first ketamine infusion appointment, we will review your list of current medications and ensure there are no contraindications.

What is ketamine-assisted therapy?

At *Allay Health and Wellness* we believe that by taking care of yourself you will have the ability to make better decisions, process information better, and have the tools necessary to deal with physical and emotional pain. We currently offer ketamine assisted therapy (KAT), which is talk-based therapy that allows individuals to open up during their infusion. This kind of therapy has been shown to allow individuals to process more intense feelings during the administration.

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